

Jacky's Story July 2021

Service name: Out- patient Dietetics

Main purpose of service:

The service is based at Princess Royal Health Centre. All patients are assessed, treated and advised during clinic or telephone appointments. The service receives referrals for people who are registered with a Huddersfield GP and who need the expertise of a dietitian. Patients are referred to the service for dietary advice related to a wide variety of conditions including Diabetes, Irritable Bowel Syndrome and Coeliac Disease.

About the person:

Jacky is 62 years old and leads an active life. She enjoys keeping fit by walking with a local rambling group. Her love of the outdoors extends to painting landscapes, capturing the colours and beauty of the countryside in oils. Jacky recalls how her health changed overnight, **"I woke up, one morning in November 2018 and I didn't feel well, I felt odd."**

Over the next few months, Jacky experienced stomach-ache, bloating, pain under her sternum, indigestion and irregular bowels, experiencing bouts of diarrhoea and constipation. Her GP organised an ultrasound scan, a colonoscopy, a gastroscopy and a chest X-Ray. These and a series of blood tests ruled out many potential health problems but a diagnosis was not determined. Jacky, still feeling ill, was referred to Locala's Dietetic clinic last year and has been under the care of Dietitian Sarah.



Support and advice:

Jacky explains how Sarah introduced her to the low FODMAP diet. This diet cuts out particular types of carbohydrate (such as wheat and barley), dairy produce and other foods that can typically cause symptoms of Irritable Bowel Syndrome (IBS). The idea is to cleanse the body of these food stuffs and then, after 4-6 weeks, certain foods are gradually re-introduced in order to find out what aggravates the symptoms. **"I didn't follow the plan quite right, so after 2 weeks of the FODMAP diet, I started again. So I ended up doing it for about 8 weeks. Sarah supported me and advised me throughout – explaining where I had gone wrong."** It was found that wheat and lactose – the natural sugar found in milk – were causing her symptoms.

Feeling better:

The change in diet quickly helped Jacky. **"The bloating got much better, as did the pain and I had no gastric reflux. My bowels soon became regular and back to normal."** She continues, **"I may have a little bloating by the end of the day, but it's nowhere as bad as it was....I can't believe how ill I felt – I felt really rough. Now I feel back to normal."**

New recipes:

The challenge for Jacky is to now find a way to eat bread that works for her. **"I've found lots of lactose free foods which are fine, but gluten free bread?! All the ones I've tried are awful!"** Jacky enjoys making bread herself, **"I've been trying different recipes, but so far they are all too cake like – so the birds have had that. I'm still working on it!"** Jacky has bought some new cookery books, determined to follow all the advice she has learnt. She is confident she can maintain a good healthy approach to eating without it becoming boring.

Recommendation:

Jacky says that Sarah explained clearly that the FODMAP diet couldn't be followed on a long term basis. **"She was very good. She was good at listening to me. She recognised that I could have stayed on the FODMAP diet too long."** All Jacky's appointments with Sarah were over the phone. **"She was always on time and if I ever needed more information she sent me a link via email. I can really recommend the service."**